

UPMC

WESTERN MARYLAND

Fall Happenings

HEALTH AND WELLNESS COACHING

FREE one-on-one health and wellness planning for long-term behavior changes to improve well-being and health. Board-certified coaches can help with weight management, fitness planning, lifestyle changes, stress management and recovery. Sessions are offered in person, via video, or by phone. Call 240-964-8424 for more information.

PLEASE NOTE: Yoga class locations and times are changing due to County Library schedule changes.

FREE FITNESS CLASSES

- **Chair Yoga**, Tuesdays at 2:15 p.m., at the South Cumberland Library. To register for the in-person or online class via ZOOM, contact Christina Collins-Smith at collinssmithcd@upmc.edu, or call 410-967-9112.
- LaVale Library **Yoga Classes**, Wednesdays at Noon
- South Cumberland Library **Yoga Classes**, Fridays at 10:30 a.m.

ONLINE SMART RECOVERY: Tuesdays at 7:30 a.m. and 5:00 p.m. (new), Wednesdays at 6:00 a.m. and 7:30 a.m., and Thursdays at Noon. Free self-help support group assists in recovering from all types of addictions and addictive behaviors. Contact Carey Moffatt at moffattcl@upmc.edu or call 240-964-8418.

RECOVERY COACHING is a supportive service to help individuals find and maintain recovery from any addictive behavior. Sessions are free and are 30-60 minutes; appointments are held virtually or by phone. To learn more, call 240-964-8418.

Real WELL

FALL 2026

WELLNESS NEWS YOU CAN USE!

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FALL INTO FEELING YOUR BEST!



Stacey Blank, MS, BTPS, RRT
Manager, UPMC Community Health and Wellness

Welcome to the Fall Edition of Our Health & Wellness Newsletter!

Pumpkin spice is back, the air is crisp, and Western Maryland is showing off—fall is here! And just like the season, it's a great time to turn over a new leaf when it comes to your health. Whether you're getting back into a routine after a busy summer, looking for ways to stay active as the days get shorter, or trying to manage stress or other challenges, our team is here to support you every step of the way. From Lifestyle Health Coaching to Recovery Coaching, we're focused on meeting you where you are and helping you move forward.

Inside this issue, you'll find simple tips, local resources, and practical ideas to help you stay on track—no perfection required. Ready to take the next step? Our Lifestyle and Recovery Coaching programs are available at no charge and designed to support your goals. You can self-refer or ask your provider for a referral, and we'll partner with you—and your provider—to work through any challenges and build a plan that fits your life.

So, throw on your favorite flannel, grab that warm drink, and let's make this fall a season of feeling your best.

Be well,

stacey



WHAT IS PALLIATIVE CARE?

Melinda Bussard, MHA, BA, LSSGB
Director of Performance Improvement, Quality

Living with a serious illness can be challenging, but support is available. UPMC Western Maryland's Palliative Care team helps patients and families improve quality of life by managing symptoms, providing emotional and practical support, and helping navigate treatment decisions. Palliative Care can begin at any stage of illness and works alongside your current medical care. Patients, family members, and caregivers can request a consultation.

How do I get palliative care?

Ask your doctor for a referral. Our team works together with your primary physician so you will not have to give up your own doctor. For more information or to schedule an appointment, call 240-964-8939 or visit [UPMCWesternMaryland.com](https://www.upmcwesternmaryland.com).



Visit our **UPMC Western Maryland Community Health and Wellness Coaching Website** at [UPMCWesternMaryland.com/Wellness](https://www.upmcwesternmaryland.com/Wellness)

Find us on Facebook at **Get Healthy Allegany**.



Tips to Make Exercise a Habit for Life

Michael Browning, MA, NBC-HWC

Whether you like it or not, your body needs regular exercise to operate at prime efficiency, regardless of age. Notice I didn't say your body needs regular exercise for "Looksmaxxing," (it's an actual term, look it up). The interesting thing is when you frame your motivation around improving your actual health, you are far more likely to stick with it. Hopefully you'll enjoy lifelong freedom from chronic disease or at least prevent it for as long as possible. So how do you stick with an exercise program? After reviewing a great article from Ace Fitness, "Sticking to an Exercise Program: 25 Tips to Achieve Exercise Success," I listed my personal top five for you.

- 1. Set realistic goals:** Don't live in the past or based on what an influencer tells you that you should look like.
- 2. Set a realistic exercise schedule and put it in your calendar:** You are not going to exercise six days a week for 60 minutes each session for the rest of your life, I promise! Start with 10 minutes a few days per week and build upon that, you will still see results. Make a real appointment in your calendar, set alarms, preferably the most annoying sounding one.
- 3. Start slow (consistency over intensity):** Vigorous exercise is miserable even for people who like to exercise; there is always an exception to the rule (ignore him or her and all of their advice).

- 4. Incorporate music or podcasts:** Don't rely on workout buddies, they'll let you down eventually or you'll use them for your own excuse to quit. Again, there is always an exception to this rule and if that's you, then that's cool, but workout partner failure is almost scientific law.

- 5. Invest in professional guidance:** You might need a trainer if you don't know what you are doing. Hire them for a few sessions and then do it on your own once you get it.

[Sticking to an Exercise Program: 25 Tips to Achieve Exercise Success](#)



That Voice Isn't You



Carey Moffatt MS, NBC-HWC

You replay the moment on your drive home. Something you said. Something you forgot. Something that didn't go quite right. Suddenly, the moment feels bigger than it should, as if it says something about you, not just what happened.

That's shame. It's something all of us experience.

Instead of thinking, "That didn't go the way I hoped," shame shifts the thought to, "What's wrong with me?" That inner voice can sound convincing, especially if you've heard it for a long time. Sometimes, self-criticism begins as a way to protect you from rejection or judgment. But shame can wear you down. It drains motivation, lowers confidence, and makes it harder to move forward in work, relationships, and daily life.

The good news is that you don't have to believe every harsh thought that shows up. When you notice that voice, pause and name what's happening. Then remind yourself, "I am allowed to make mistakes. I can learn from this without tearing myself down."

That voice may be loud, but it isn't a reflection of who you really are. You deserve the same kindness you would offer someone else. This week, try being a little gentler with yourself.

Source: smartrecovery.org/practice-self-compassion



Rest and Recovery: The Missing Piece of Your Exercise Plan

Brittany Friend, MS, NBC-HWC



Whether you start to engage in an exercise program or have been doing it for years, the topic of rest and recovery can easily get pushed to the back burner. Maybe you think you need to do something every day to see changes. Or maybe you've been doing it for years, and it's just a part of your routine. But the truth is, too much exercise and not enough rest can delay or even stall progress.

Rest and recovery are biologically necessary for the body to repair and adapt so that it can see changes and continue to perform. These changes happen after the body has been put under stress, so the recovery is just as important as the work you put in. If you continue to push muscles without recovery time, you may actually be slowing your progress.

During bouts of exercise, you create small amounts of microscopic damage in your muscles. The magic happens during the recovery process. When we recover and include rest, hydration, and proper nutrition to repair this damage, we build the muscle back stronger and more capable of increasing the demands placed upon it. So, if we never rest, we never allow our muscles to reach their full potential.

If you are having persistent soreness, injuries, fatigue that doesn't leave with sleep, irritability, or declining exercise performance, these are all signs that your body needs rest. Therefore, be sure to prioritize the recovery process just as much as you do your exercise routine.

<https://sites.psu.edu/kdamaniblog/2024/10/19/the-importance-of-rest-and-recovery-in-fitness/>



Fall into Balance

Christina Collins-Smith,
MLA, E-RYT 500, LMT
Yoga, Health and Wellness Coach

Autumn's arrival offers a gentle reminder that balance is not something we achieve once and hold onto forever. Maintaining our sense of equilibrium is an everyday practice - an ongoing dance adjusting to the rhythms of change.

While juggling family, social, and work obligations, it is helpful to remember that maintaining balance is not about perfection - it is about returning again and again to what helps us feel grounded, present, and connected to ourselves.

Yoga teaches this through mindful breath-synced movement and meditation - a gentle practice of self-awareness that steadies the mind, softens tension in the body, and creates space between our reactions and responses that reflect patience and kindness.

This fall, as nature shifts and balances around us, remember that every breath offers an opportunity to begin again.



Fall into Balance - a mini-practice moment to pause and reconnect with yourself.

1. Ground - 3 breaths

Stand comfortably with your feet hip-width apart. Feel the support of the earth beneath you.

2. Reach and Rise - 3 breaths

Inhale and sweep your arms overhead. Lengthen through your spine as though growing tall like a tree. Exhale and soften your shoulders.

3. Sway with the Season -5 breaths

Keeping both feet rooted, gently sway side to side. Allow your body to move naturally, like a tree in the autumn breeze. Notice the balance between stability and movement.

4. Standing Balance - 3 breaths each side

Shift your weight onto one foot and lightly rest the other toes on the floor or lift the foot slightly. Find a steady gaze. Breathe. Repeat on the other side.

5. Gather Inward - 3 breaths

Bring your hands to your heart. Close your eyes if comfortable. Notice your breath and the simple experience of being present.

Video: www.bwellarts.com/select-videos

More on balance: www.health.harvard.edu/topics/balance

Zoom links for Yoga Classes:

Chair Yoga - Tuesdays at 2:15 pm

https://us02web.zoom.us/join/1K84aZ1_Sha17TIRIhdGA

ZOOM: Functional Yoga - Fridays at 10:30 am

<https://us02web.zoom.us/join/qqX88cptTWKARduxtqtivg>

SPIRITUAL WELLNESS

NAVIGATING THE UNKNOWNNS OF LIFE?

Rev. Bruce McBride, M.A., M.Div.
Director of Pastoral Care, UPMC Western Maryland



Pastor Bruce and Judy McBride

Why is my loved one sick? Why did my pet die? How am I going to deal with this problem? We all deal with hurtful and hard issues every day. Whether it is a problem with our family or spouse, a financial crisis or a health obstacle, we all face decisions on how to react in times of trouble.

As a Spiritual Chaplain in our community, we help people face the Promises of God in the midst of the Problems we face. Focusing on all the negatives of life can deter us from a life of purpose and peace. We can have a good diet, live right, love people, and still struggle to make it. What is there to grab a hold of to make it in this experience of life?

We have to be able to HEAR the need before we can HELP the person. FAITH In the Word of God, and the God of the Word enables us to live beyond my circumstances to remember HIS presence in our lives. When my salvation is based on what Jesus has done in my life, then I trust HIM to meet my needs and focus on HIS promises instead of my problems. Charles Swindoll said, "We have a choice every day regarding the attitude we will embrace for the day. Life is 10% what happens to us and 90% how we react to it. Our attitude is everything."

We have learned over the years that God's presence is felt even in a crisis. When my faith is in the Lord, I have a refuge, a resource to get me to the next day. It's a lesson

to learn that surgery or the procedure may not be the answer in my life, but having HIS presence with me settles me and helps me trust HIM in the journey, whatever the news may be. So many patients stare at walls and wonder how am I going to get out of this mess? As I speak at many churches in our community, I meet people every Sunday who share how God's presence was with them in the crisis and they were able to weather the storm. I like how Max Lucado puts it, "Your test will become your "test-imony" and your mess will become your "mess-age". In dealing with the unknowns in life, when you trust the Lord, remember you are never alone (Hebrews 13:5-6). Navigating a personal hardship allows us to call on the Lord and seek godly counsel to focus on the Promises of God rather than the Problems around us. You have a choice - choose wisely.

God's WORD says,

Isaiah 40:31 -

"But those who wait on the Lord

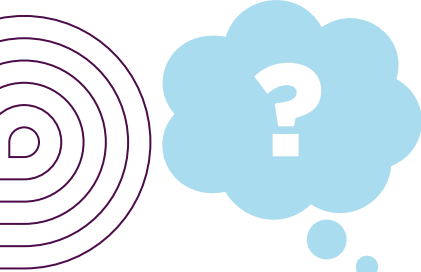
Shall renew their strength;

They shall mount up with wings like eagles,

They shall run and not be weary,

They shall walk and not faint."

You are loved,
Pastor Bruce





IN THE KITCHEN with RACHEL

Rachel Sproat, RDN, LDN



Sheet-Pan Salmon with Sweet Potatoes and Broccoli

INGREDIENTS

3 tablespoons low-fat mayonnaise
1 teaspoon chili powder
2 medium sweet potatoes,
peeled and cut into 1-inch cubes
4 teaspoons olive oil, divided
½ teaspoon salt, divided
¼ teaspoon ground pepper, divided
4 cups broccoli florets (8 oz.; 1 medium crown)
1¼ pounds salmon fillet, cut into 4 portions
2 limes, 1 zested and juiced, 1 cut into wedges
¼ cup crumbled feta or cotija cheese
½ cup chopped fresh cilantro

DIRECTIONS

1. Preheat oven to 425°F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Combine 3 tablespoons mayonnaise and 1 teaspoon chili powder in a small bowl. Set aside.
3. Toss 2 sweet potatoes with 2 teaspoons oil, ¼ teaspoon salt and ⅛ teaspoon pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss 4 cups broccoli with the remaining 2 teaspoons oil, ¼ teaspoon salt and ⅛ teaspoon pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange 1¼ pounds salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 tablespoons of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.
5. Toss 2 sweet potatoes with 2 teaspoons oil, ¼ teaspoon salt and ⅛ teaspoon pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.

[Sheet-Pan Salmon with Sweet Potatoes & Broccoli](#)

Hearty Chickpea and Spinach Stew

INGREDIENTS

2 (15 ounce) cans low-sodium chickpeas, rinsed, divided
1 tablespoon olive oil
12 ounces 93%-lean ground turkey
½ teaspoon dried oregano
½ teaspoon fennel seeds, crushed
½ teaspoon crushed red pepper
1 medium onion, chopped (1 cup)
2 medium carrots, diced (¾ cup)
4 cloves garlic, minced, or ½ teaspoon garlic powder
3 tablespoons tomato paste
1 (32 ounce) carton low-sodium chicken broth (4 cups)
¼ teaspoon ground pepper
⅛ teaspoon salt
3 cups IQF (individually quick-frozen) spinach (8 oz.)
¼ cup grated Parmesan cheese (Optional)

DIRECTIONS

1. Mash 1 can chickpeas with a potato masher or fork. Set aside.
2. Heat oil in a large pot over medium-high heat. Add turkey, oregano, fennel seeds and crushed red pepper. Cook, crumbling with a wooden spoon, until the turkey is no longer pink, 2 to 3 minutes. Add onion, carrots and garlic (or garlic powder). Cook, stirring often, until softened and fragrant, 3 to 4 minutes. Add tomato paste. Cook, stirring, for 30 seconds.
3. Add broth, the mashed and whole chickpeas, pepper and salt to the pot. Cover and bring to a simmer. Reduce heat to medium and cook, covered, at a brisk simmer until the vegetables are tender and the flavors have blended, about 10 minutes.
4. Add spinach and increase heat to medium-high. Cook, stirring, until the spinach is heated through, 1 to 2 minutes. If you can't find individually quick frozen spinach then use a frozen 10 oz block and cook to package directions and add to soup. Ladle the soup into bowls. Garnish each serving with 1 tablespoon Parmesan, if desired.

[Hearty Chickpea & Spinach Stew](#)

**LAUGHTER
IS THE
BEST
MEDICINE**

From: www.womansday.com



**Why did the apple pie
cross the road?**

It saw a fork up ahead.

**What happens when
winter arrives?**

Autumn leaves.



BE FAST

When You Spot Stroke Warning Signs

UPMC
LIFE CHANGING MEDICINE

Balance: Loss of coordination or balance



Eyes: Sudden double vision or vision loss



Face: Facial drooping on one side



Arms: One arm becomes weak or numb



Speech: Slurred speech



Time: **BE FAST.** Call 911



SAFETY FIRST

Susan Lee,
Admin Assistant



As summer transitions to fall, we welcome the kaleidoscope of vibrant orange and yellow leaves and October's deep blue skies. The shift in seasons is also the perfect time to prepare your vehicle for late fall and winter cold, snow, and ice hazards.

- ✓ Take your vehicle in for its routine maintenance check to ensure fluids, battery, windshield wipers, heater and defroster, lights and tire pressure/tread are optimum for the cold weather ahead. Get in the habit of keeping your gas tank full to keep your fuel line from freezing.
- ✓ If you don't have an emergency kit in your vehicle, this would be a good time to put one together. Safety items may include the following, but create your kit to fit your situation:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Blankets, boots
- Cat litter or sand, shovel
- Water, non-perishable snacks
- Vehicle first aid kit
- Toys for children
- Pet food, water, blanket

Visit ready.gov/car for more car safety tips.

- ✓ Stay weather-aware by checking your trusted local weather source daily.
- ✓ The National Weather Service maintains an extensive online resource for safety tips pertaining to weather safety for all hazards, at www.weather.gov/safety.